

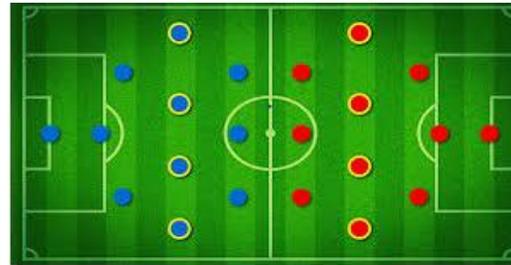
# Year 5 Merlins

## PE

### Autumn 2

# Football and O.A.A.

## Football:



The pitch is split into two halves with a centre circle and two areas where the GKs can use their hands to catch or save the ball.

**Positions/Tactics:** Certain players will be better at certain skills which will help decide what position they play: GK, DEF, MID, ATT are the main positions. In a game, you need a balance of positions, and not all of the team can be attackers.

**GK:** Goal Keeper **DEF:** Defence **MID:** Mid Field **ATT:** Attack

**Shooting:** In order to win a game, you need to score goals, usually by shooting at the goal. Being able to shoot accurately and powerfully is a perfect recipe for success! Aiming away from the goal keeper and into the corners of the net give the best chance for scoring a goal.

FOOTBALL

| Key Vocabulary      | Definition   |
|---------------------|--|
| body position       | Good balance and weight moving towards the balls of your feet. Instep – inside of your foot.                           |
| control             | Cushion the ball when it is moving towards you.  |
| curl/ swerve        | Make the ball travel on a curved pathway (on the ground or in the air).  |
| hand ball           | No outfield player can touch the ball deliberately with their hand. Shoot – strike the ball towards the goal.          |
| instep              | Inside part of foot.   |
| opposition          | Members of the team you are playing against.   |
| positions           | Goalkeeper, defender, midfielder, winger, attacker.  |
| possession          | Having and keeping the ball during the game.   |
| shoot               | Strike the ball towards the goal.  |
| strike              | Hit the ball hard at the goal.   |
| throw ins/ corners  | Awarded when the ball goes out of play over the side line (throw in), end line (corner/goal kick).                     |
| volley              | Strike the ball in the air first time without it bouncing.   |
| weight of pass      | Understanding of how hard to hit the ball sending it over different distances. Strike – Hit the ball hard at the goal. |
| cardinal directions | North, East, South, West.  |
| communication       | Giving, receiving, and sharing information. Can be verbal (spoken) or non-verbal.                                      |
| leadership          | Taking action to inspire or motivate a group to meet a goal.   |
| ordinal directions  | North-East, South-East, North-West, South-West.  |
| orienteeing         | Challenging outdoor adventure sport that exercises both the mind and the body.   |
| problem solving     | Identify problems, create and test solutions.  |
| tactical            | Thinking and planning strategically to achieve a goal.   |
| teamwork            | Effective and efficient work within a group to achieve a goal.   |

O.A.A.

## OAA: Outdoor Adventurous Activities

This involves physical activity, adventure and challenge, problem-solving activities and teamwork.

- Work with others to solve problems.
- Describe their work and use different strategies to solve problems.
- Lead others and be led.
- Differentiate between when a task is competitive and when it is collaborative.

### Teamwork, Communication and Problem Solving

**Effective teamwork** involves:

- communicating clearly and listening to other team members;
- using individuals' strengths and skills to help achieve the goal;
- cooperating and working together;
- staying positive and encouraging each other.
- think through possible problems before arriving at a solution.
- take on the point of view of every team member.

**Problem-solving** involves:

- effective communication;
- teamwork and thinking logically

### Orienteering

Using basic map skills, including direction, map key and navigation.

